

**CLAIMS:**

**WE CLAIM:**

1. A method of enhancing blood oxygen in exercising-induced subjects complaining muscle cramping and soreness by administering rehydrating beverage with an effective amount of Rhodiola crenulata and D-ribose a sufficient time prior to exercising whereby the effect of Rhodiola crenulata and D-ribose is effective to enhance blood oxygen and to reduce blood levels of Lactic acid.
2. The method according to claim 1 where the amount of Rhodiola crenulata is from 0.1 to 5 grams.
3. The method according to claim 1 where the amount of D-ribose is from 0.125 grams to 5 grams.
4. The method according to claim 1 where the amount of Rhodiola crenulata combined with D-ribose is used from 0.1 gram to 5 grams.
5. A flavored and sweetened aqueous rehydrating beverage comprising of an effective amount of Rhodiola crenulata and D-ribose.
6. The method according to claim 5 the amount of Rhodiola crenulata and D-ribose is from 0.1 to 5 grams each.

7. A rehydrating beverage according to claim 5 which further comprises about 1.00 to 2.5% glucose.
8. A rehydrating beverage according to claim 5, which further comprises sucralose as a sweetener about 0.01 to 0.02%.
9. A rehydrating beverage according to claim 5 which further comprises about 0.03 to 0.05 % of caffeine.
10. A rehydrating beverage according claim 5 which further contains effective amount of sodium, citric acid, and flavoring agent.